

11-4-2010

## Montana Kaimin, November 4, 2010

Students of The University of Montana, Missoula

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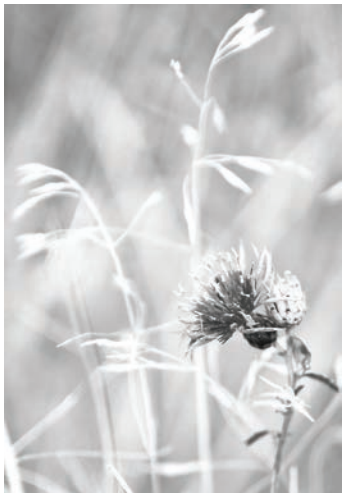
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**4 NEWS**  
Seeds of regrowth  
on Mount Sentinel



**5 SPORTS**  
Lady Griz open  
season with win

**4 NEWS**  
Missoula  
responds to  
gluten-free  
trend



# montanakaimin

Volume CXIII Issue 37    [www.montanakaimin.com](http://www.montanakaimin.com)    Thursday, Nov. 4, 2010

CAMPUS

## Metal drifter brings home hardware

**Heidi Groover**  
Montana Kaimin

It's not hard to find a self-described "Montana boy who has always loved fishing in Missoula." Less often, though, does he catch fish from a 16-foot aluminum boat he built as a class project.

University of Montana College of Technology welding student Jason Besch does just that.

Besch and his partner on the project, Geoffrey Franklin, won second place for the boat in the 2010 James F. Lincoln Foundation awards, which honor welding students around the world. Besch and Franklin qualified for the Division II awards, which honor college students, and split the \$500 prize.

"It's a really big accomplishment for any welder to build something their first time," Besch said. "And this boat, being a drift boat, definitely surpasses things other welders have made, so it's kind of like a trophy we cherish."

The boat, which the students finished last semester, took about six weeks to design and seven more to build, Besch said.

The COT's two-year welding program requires students to plan and build projects to enter for the awards as part of a fabrications class.



Greg Lindstrom/Montana Kaimin

**Jason Besch relaxes** on his drift boat Wednesday afternoon. It took Besch and his classmate Geoff Franklin seven weeks to weld the aluminum boat, which recently won second place in the James F. Lincoln Foundation awards.

Franklin graduated from the welding program in May and now helps build power plants and oil refineries as a boiler-maker. He said the key to winning the competition was creat-

ing thorough and well-designed blueprints, since judges weren't able to see the boat.

"We were pretty confident because we put in so much time and so much effort," Franklin

said. "We didn't expect anything different than to place in the top three."

Students generally have to cover the majority of costs for their final projects, including

those they enter for awards.

Since he is a veteran of the Iraq War, though, Besch received some financial assistance for the project from the Department of

**See WELDING page 8**

## ASUM senator to lobby for higher education in Helena

**Emily Downing**  
Montana Kaimin

In preparation for the upcoming Montana legislative session in January, the Associated Students of the University of Montana Sen. Jen Gursky was recommended and approved to become the lobbyist for the Montana Associated Students on Wednesday.

Sen. Gursky, who was rec-

ommended for the position by ASUM President Ashleen Williams, will spend the month of January in Helena lobbying primarily for higher education. In order to do so, however, she must forfeit her seat on the ASUM senate, which she will do at the end of the term.

Gursky said that the decision to leave ASUM was one of the hardest decisions she has made.

"I'm really dedicated to helping students — the reason I ran for ASUM was because I wanted to be a voice for students," she said. "Now, I have the potential to be a voice for all Montana students."

Nonetheless, Gursky said that she is looking forward to making that voice heard by legislators, especially when it comes to higher education. The

main strategy for ASUM and MAS is to focus on higher education funding in general during the legislative session.

Williams pointed to Gursky's experience at a two-year school, among other things, as a qualification to lobby for higher education.

"She has an interesting demographic and will be able to relate to legislators," Williams said.

Gursky said that she recognizes the importance of making funding for college more attainable, having had to attend a community college in Wyoming because she couldn't afford to attend UM, despite her in-state residency.

"I know what it means to work two jobs and take 18 credits," Gursky said. "It's hard to make school happen."

**See ASUM, page 8**



56°F | 38°F

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EDITORIAL

Hardcore parkour

by Joe Pavlish, News Editor

“Hardcore!” I jump off of the wall and kick the door open using the handicap button. “Parkour!” I do a handstand on a bench outside of the University Center.

The Missoula Parkour Group performs acrobatic moves off all obstacles — walls, benches, trees, poles, tables, anything.

Le Parkour is a French exercise that involves moving from one point to another as quickly and efficiently as possible. Despite popular belief, parkour was not founded on NBC’s “The Office,” and Michael Scott is not considered a traceur. The French army used and perfected le Parkour after seeing indigenous African tribes doing it before World War I.

My best guess as to why the French haven’t been in a war in a while is that they don’t feel confident in their aim while jumping off a tree. No, France, it’s guerrilla warfare, not gorilla.

The Missoula Parkour Group did not admit to any French-style coup, but the 15-year-old traceurs, practitioners of parkour, jump off trees, nonetheless.

They practice moves like rolls, palmspins, flags, precisions, kongs, handstands, vaults, spiders, wall hops, wall runs, tic-tacs and cranes all around Missoula, but they spend a lot of time on campus and at Caras Park.

I joined these young traceurs for a nice Saturday.

We started by doing barrel rolls right by the Higgins Street Bridge at Caras Park. Some time between rolls, I looked up and a couple walked by looking and giggling. I ignored it and rolled.

I almost “shin bashed” trying the kong (glorified hurdling), I held the flag (hanging on to a pole at a 90 degree angle) for two long seconds, I almost broke my ankle trying to tic-tac (jumping off one object and changing directions to jump to another) and finally, I didn’t rotate enough and fell in the grass when trying a side flip (pretty self-explanatory) off of a bench.

No injuries to my body, only to my ego.

Aric Schmidt, the only non-teenage traceur at 22, said that parkour isn’t dangerous if you do it right. Clearly, I was not doing it right.

“I have been injured more on my bicycle than [practicing parkour],” he said. “I have been hit by a car — twice.”

This was not all that comforting. More, it made me think I am more bungling than a guy who ran into a car on his bike.

The worry of injury will not keep me from preparing myself to battle the French. Since my day with the parkour team, I jump off everything — walls, benches, trees, poles, tables, doors, my desk, a copy editor, anything.

So, if you see somebody jumping off the rock in the Oval, just wait. If they land it, it’s probably a member of the Missoula Parkour Group. If they yell “parkour” and fail at their move, it’s probably me.

  
joseph.pavlish@umontana.edu

COLUMN

Disturbing the peace  
The votes are in

by Jed Nussbaum



Unlike many of my peers here at the Montana Kaimin and around campus, I do not have the sincere hope that you all voted this Tuesday. In fact, I hope many of you didn’t vote. Not because your political standing are different from mine and I hope my preferred candidates won, but because many of you had less of a clue about what was on the ballot than I did, which, quite honestly, is saying something.

I give a rare props to organizations like MontPIRG and Trick or Vote for trying to get information out regarding candidates and issues on the ballot. As much as I’m generally against any organization knocking on my front door (stay out of my yard, trespassing filth!), I feel like voting is an issue that should receive as much light as possible.

Unfortunately, I was gone

when Trick or Vote came to the house, but my roommates who dealt with them did not receive any of the fliers they were reported to be passing around detailing the issues on the ballot. Who’s to blame for that, I don’t know, but I tried to look up the information Trick or Vote was spreading around Missoula online. I found relatively little help. I did get a voter’s guide from the ASUM/MontPIRG folks on campus, but the information inside rarely touched on more than an issue or two, namely, candidates’ position on funding for higher education.

This fact actually served to illustrate one of the biggest issues I have with the public’s approach to our voting system. People generally pick one issue to base their vote on, ignoring the plethora of other issues at stake. As students, the topic of school funding is no doubt a

big deal, but it in no way is the extent of what’s on the ballot. Shouldn’t our concern for candidates platforms be tied more with the greater good they do for their voters on the whole?

I’m not searching for excuses to pardon voters’ ignorance, least of all my own; after all, it really is the voters’ responsibility to know what the hell they’re doing. Rather, what I’m saying is that blindly exercising your right to vote with no real bearing regarding what you’re doing is really not helping the situation. I know a handful of people, and I’m sure that they’re not the only ones who voted purely based on the implied merit of how the name sounded. Isn’t this more dangerous to the structure of our politics than just staying at

See VOTES, page 3

SCIENCE COLUMN

The things I think I think:  
The great pumpkin



by David Elison

America is obsessed with the feats that can be completed using a pumpkin. And I must admit that over the weekend I, despite being the cynic I am, heard of two such accomplishments that I found unbelievable.

First, on Saturday the new Guinness World Record was set for the largest pumpkin by weight. Grown by New York Botanical Garden staffer Chris Stevens, the behemoth tips the scales at more than 1,810 pounds. It’s an economy car by weight, and it looks nothing like a pumpkin. It more closely resembles the jowls of an old

bulldog – a big, floppy mess. The sheer weight of the thing causes it to collapse inward on itself, but for some reason (and necessarily so to set the record), it did not crack.

Mechanical engineer David Hu, of the University of Georgia, took particular interest in how this gargantuan gourd could maintain its structural integrity. After many pressure tests and pumpkin smashings (cue the Gallagher image), Hu and his team developed a mathematical model to explain the changes that occur in the outer “hide” of the pumpkin that help prevent

cracking. The model describes how irreversible changes to the pumpkin’s shape occur as it grows to accommodate added weight and is consistent with data collected by 50 pumpkin farmers in the region. Using the model, Hu predicts that a one-ton pumpkin could be grown in the coming years.

Second, if you have never heard of Punkin’ Chunkin,’ stop what you are doing and Google it now. You will not be disappointed. Basically, Punkin’ Chunkin’ is a contest held in Delaware each year following Halloween

See PUMPKIN, page 3

montanakaimin

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LETTERS to the EDITOR

We are a group of five EVST graduate students, called Cool-Pool, writing to tell you about a project we are undertaking to increase carpooling at The University of Montana. An increase in carpool participation will help the university reach its goal of carbon neutrality by 2020, as well as relieve the stress

associated with parking on and around campus. Our “3x3x3 Rideshare Commitment” is a trial program for which students commit to commute in groups of three people, three times a week, for three weeks. We urge students to participate in our program by joining us on Facebook, where

they will be able to find other students looking for rides, post pictures and facts about their carpool experience, and take a survey to tell us how they feel about commuting. All participants, whether they rideshare for the entire three weeks, just once, or only take our survey, will be eligible to

win prizes, including ice cream, a Hellgate Cyclery bicycle and many other things. We hope people who already carpool will participate in the program as well. They will serve as a great example and can also win prizes. Past carpool programs at UM have had little success. Our goal is to change this and show campus decision-makers that students are interested in new honor-based carpool systems and rideshare boards that make

it easy to connect with other carpoolers. Please visit our Facebook page (facebook.com/3x3x3atUM) and carpool to campus in the next three weeks. We hope that, with student support, we can create a carpooling program that benefits the university, the community and the environment. Thank you, Laura Goldberg, Trina Jones, Oskar Cole, Kyle Watson and Diane Matthews, Environmental Studies graduate students

PUMPKIN  
From page 2

in which participants enter to see how far they can launch a pumpkin using a homemade cannon or catapult. The competition started 18 years ago, when a couple dudes with too much time on their hands and one too many keystones decided to build trebuchets (the medieval upgrade to the cannon that uses a lever arm attached to a weight to launch huge rocks at castle walls) to see how far they could launch a pumpkin. The distance they set that day was about 120 feet. Seems impressive until you hear what these lunatics accomplished last year. Using an air cannon with a 120-foot barrel ( ... this is going to go well ... ), one team

launched a pumpkin 5,197 feet. Damn near a mile. Granted, it is a substantially different contest now that teams are essentially competing with pumpkin howitzers, but I am still impressed. Another record set: farthest pumpkin shot. Contact me if you want to beat that. I have thoughts... Maybe it's that people really like to see their name in the Guinness Book or that we, as a society, just like to see how big we can go. Whatever the reason, our obsession with the astounding feats achieved by pumpkins is not likely to come to an end any time soon, and everyone else not in the business of pumpkin extremes can just sit back, watch Youtube clips of these guys and enjoy the pie. david.elison@umontana.edu

VOTES  
From page 2  
home on election day? I acknowledge and agree with the notion that as Americans, one of the greatest privileges we have as citizens is the ability to elect officials to represent us on issues, and we should use that privilege. To me, however, voting responsibly is paramount. I don't condone simply voting on party lines because I don't endorse blind partisanship. I disagree with basing your vote on one issue alone without thinking about the gravity of the other issues on the ballot. I hope that next time around, everyone hits the polls with a greater knowledge about what's at stake. And vote for me. jedadiah.nussbaum@umontana.edu

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Edited by Rich Norris and Joyce Lewis  
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1 Home of Brigham Young University  
6 Mahal  
9 Fat substitute brand in some potato chips  
14 Not loaded  
15 Ambient music pioneer  
16 Swindler with a scheme named for him  
17 Hemlock, for one  
19 Grain disease  
20 See 50-Down  
22 Covet  
23 Battery, bond or baseball club designation  
24 Belgrade's land  
27 Libel and slander disputes are part of it  
32 See 50-Down  
34 Brit. record co.  
35 Spanish pronoun  
36 Restful resort  
37 Prayer opener  
38 Old-fashioned get-together  
39 See 50-Down  
43 "Beanz meanz Heinz," e.g.  
45 Truck capacity  
46 AIDS-fighting drug  
47 dire: juror examination  
48 See 50-Down  
54 Foreign  
56 "The Dick Van Dyke Show" regular  
57 Nast  
58 Winter hazard  
59 Family nickname  
60 Tolerated  
61 Gives the go-ahead  
62 Tart fruit  
DOWN  
1 Minute segment of a min.  
2 Wander  
3 Upper, in Ulm  
4 Spinal column component  
5 Like some farming  
6 Minute  
7 Fresh way to start  
8 "Help Me" vocalist Mitchell  
9 Alfresco  
10 Maker of EverPure shampoo  
11 Former Caltech sr., perhaps  
12 dye: chemical coloring  
13 Little thing to pick  
18 Competitor  
21 Basilica section  
24 Ancient queendom  
25 Let up  
26 Customary ceremonies  
27 It covers the Hill  
28 Da Vinci's lang.  
29 On the up and up  
30 It started as Standard Oil of Indiana  
31 Expand  
33 John McCain's alma mater: Abbr.  
37 Revamp  
39 Hoodwinked  
40 "The X-Files" extras: Abbr.  
41 Ridd's love, in a Blackmore romance  
42 They're hard to figure out  
44 Rio Grande city  
47 Workshop gadgets  
48 Skid row figure  
49 Charlie's Angels, e.g.  
50 Clue for 20-, 32-, 39- and 48-Across  
51 "Deal \_\_\_ Deal"  
52 Lo-cal  
53 Bygone Tunisian rulers  
54 Summer coolers, briefly  
55 Used car site  
By Allan E. Parrish 11/4/10  
Wednesday's Puzzle Solved  
H A R M A W E S T A C I T  
A L E S T E L E O V I N E  
W I N G C H A I R D A V I D  
K I T T I E S A N D I N D  
P I E S A L E C K Y  
T H I G H S L A P P E R  
R E G R E T W E E A M O K  
A R O A R K F C O S A K A  
S E R B W I I A R E N O T  
B R E A S T S T R O K E  
A J A Y E R H I K E  
T U X B E E N A G G I N G  
A L I T O L E G W A R M E R  
L I N E R A R E A A I M E  
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## MISSOULA

# Mount Sentinel restoration an uphill trudge

**Hannah J. Ryan**  
Montana Kaimin

As flames blew across Mount Sentinel in the summer of 2008, firefighters labored for two days on the mountain's face. Others have spent two years nurturing that fire's scar since.

Those responsible for the environmental health of Mount Sentinel knew invasive weeds would soon fill the fire's path.

“Animals foraging on native plants are directly affected by the absence of those indigenous food sources.”

Val Hingston, UM Division of Biological Sciences

Fire invites noxious plants seeking to dig their roots into the disturbed soil, but quick action by Missoula conservationists, professional and volunteer alike, has lessened the damage to the mountain.

Val Hingston, of The University of Montana's Division of Biological Sciences, said fire benefits an environment by releasing nutrients, like nitrogen, into the soil.

“There are a number of ways to manage land. Burning is one of them, but it's got to be reseeded soon afterwards to keep weeds from taking over,” Hingston said.

Four months after the 2008 fire, dozens of volunteers spread 3,000 pounds of seed over 190 burned acres. Yet

keeping the weeds at bay on the popular hiking area required more than one seeding.

The prolonged TLC for Mount Sentinel continued this weekend as volunteers trekked up the hill yet again. Each carried backpacks to spread 200 pounds of native grass and wildflower seed donated by the Pleiades Foundation, a local organization that supports plant conservation and connecting people with nature.

The seed-carriers spread out in a human chain to walk across areas sprayed for weeds earlier this fall. Handful by handful, they tossed seed into patches barren of plant life.

“When you have invasive species, they take soil nutrients away from native plants,” Hingston said. “Animals foraging on native plants are directly affected by the absence of those indigenous food sources.”

Hingston said the invasive species aren't exposed to the predators from their native areas. Without something eating a plant to control its spreading, they can easily outcompete other plants.

Invasive plant species are not palatable to most wildlife, she said. Native prairie plants on Mount Sentinel support birds

and insects that will only feed and nest in certain native grasses, like junegrass.

Jesse Bergeson, also with UM's Division of Biological Sciences, spoke from the Northern Rockies Invasive Plant Council in Coeur d'Alene, Idaho.

“The first seeding on Mount Sentinel in 2008 was pretty successful,” he said.

He hopes for similar results with last Saturday's seeding. Some parts of the mountain are

reseeded each year because of the high presence of noxious weeds. Seeding helps the desirable plants re-establish, he said.

Bergeson said if they had not put grass seed on the ground right after the burn, there probably would only be cheatgrass and spotted knapweed covering that area now.

In addition to outcompeting native food sources for wildlife, weeds contribute to erosion because they grow quickly and do not hold topsoil with the strong steady root systems of slow-growing native plants.

Autumn is the season to get ahead in the war against weeds, said John Bowe, of the USDA's Natural Resources Conservation Service.

It's the end of the growing



Greg Lindstrom/Montana Kaimin

Knapweed and cheatgrass are a few of the noxious weeds prevalent on Mount Sentinel.

season and most weeds have produced their seeds for the year, he said, but most haven't dropped them yet. Therefore now is the time to get out and get pulling, he said, “and you want to make darn sure you get the roots.”

Spotted knapweed is infamous for growing back if a few inches of roots are left in the soil, Bowe said.

“Knapweed is a hardy, stubborn piece of work,” he said.

Bowe said hand pulling is effective with many species of weeds, yet the fall is also a good time to spray herbicides.

“People need to keep up the intensity against noxious weed management in their property,” Bowe said. “Weeds are very adaptable and unique, almost smart.”

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## Businesses respond to growing gluten-free demand

**Heidi Groover**  
Montana Kaimin

Clare Abramson prepares her own loaves of wheat-free bread in batches of 20 with a commercial-sized bread maker. She grows sprouts in a mason jar in her kitchen sink. She has to let friends know she'll be attending their dinner parties a few days earlier than everyone else. And, until recently, she hadn't been able to find a locally brewed beer, one of her favorite indulgences, she could drink without getting sick.

Diagnosed 12 years ago with celiac disease, which causes severely adverse reactions to gluten — a protein found in wheat, rye and barley or their derivatives — Abramson can't deny its impact.

“At first it's really frustrating because food is so basic. It's daunting,” she said.

Such diagnoses are becoming more common, said Carla Cox, a registered dietitian at the Western Montana Clinic. Cox, who has been practicing about 25 years, said technology and education in the field have increased doctors' awareness of gluten intolerance and celiac

disease. The symptoms — anemia, unexplained weight loss, diarrhea — have long been mistaken for other conditions. Today, blood tests are available for a preliminary indication of whether or not a patient has gluten intolerance, but biopsies are necessary to be absolutely certain.

The National Institutes of Health estimated this year that about 1 percent of Americans likely suffer from celiac disease.

Gluten intolerance is akin to an allergy and its severity can vary from person to person. A decade ago Cox would see two patients a year about the condition; she now works with one or two a month.

“It's a fashion statement right now, but many people also have celiac disease,” Cox said. “The problem with doing gluten-free and not having it is that you drop an entire food group, and our culture lives on wheat.”

Abramson attests to the difficulties of slicing that food group out of her diet. A barista at a local bakery, she encounters the predominance of wheat daily.

As she uses a long pair of tongs to pinch a French baguette and slip it into a paper bag covered in French cursive,

hands it to a customer and exchanges bills and coins, Abramson explains that even after a decade of reading ingredient lists line by line, she still finds gluten in unexpected places: ice cream, imitation crabmeat, salad dressings.

Her auburn hair is pulled back tightly, showing off steely blue eyes, high cheekbones and pale, freckled skin. Her gaze passes ciabatta and focaccia breads, then croissants, scones and puff pastries.

“It brings you in touch with food,” Abramson said. “And then there's a whole other level of ridiculousness — licking envelopes, laundry detergents, vinegar, soy sauce.”

One of the “last intentional poisons” after her diagnosis was beer, she said.

Brewers and bartenders at the Kettlehouse Brewery in Missoula are glad to provide an alternative. In March, the brewery introduced its new reduced-gluten ‘Seeley Axe Belgian White,’ which is made with sorghum, a grain that can often be substituted for wheat. Without a separate brewing facility, there's no way to ensure that minute amounts of gluten don't end up in everything produced in

the Kettlehouse's back room and therefore no way to guarantee Seeley Axe is gluten-free. The goal, though, was to experiment with something gluten-intolerant customers could enjoy, said Ryan Weingardt, the brewery's assistant taproom manager.

“A lot of people have celiac and we feel really bad for them,” Weingardt said, “but we're proud that we're able to make a beer for them that tastes great.”

After tweaking the recipe for clarity and head, the foam at the top of the glass when a beer is poured, the Kettlehouse began offering Seeley Axe as one of its mainstays. And chances are, it will stay that way, Weingardt said.

“There's a market for it. People want it,” he said. “A lot of these folks haven't drank beer in years and they come in here and they're so stoked that we have it”

At its customer service desk, the Good Food Store offers a list of more than 200 gluten-free items that can be found across the store, from bulk pastas and cereals to breads, tortillas and frozen macaroni and cheese.

See GLUTEN, page 8



# Off to a good start



## Lady Griz use strong second half to roll past Carroll

story by Daniel Mediate | photos by Greg Lindstrom

Down by one going into halftime, the Lady Griz used a dominant second half and a myriad of new faces to turn back Carroll College 78-55 Wednesday night at Dahlberg Arena.

The two teams fought back and forth throughout the first 20 minutes, as both teams struggled to find an offensive rhythm and not turn the ball over.

Montana clung to a one-point advantage in the closing minutes of the first half until Carroll forward Sara Meyer scored a layup as time expired, giving the Saints a 28-27 lead going into the locker rooms.

The Lady Griz shot just over 27 percent from the field, and threw the ball away nine times before heading into halftime, finding themselves down on the scoreboard.

The second half was a different story.

Montana rushed out to a 12-point lead in the second half, slowing down the offense and working the ball around more.

Montana kept the Saints in check for most of the second half, maintaining a commanding double-digit advantage.

"We played more patient in the second half," 33-year head coach Robin Selvig said. "We moved the ball around a little more and I think we made [Carroll] work."

Lady Griz freshman point guard Lexie Nelson played with fervor, dishing out a

game-high five assists, fueling Montana's offense in the second half and solidifying herself as a key playmaker and a star in the making.

Selvig was pleased with both his younger and older players, and the outcome of the game.

"We had good performances from everybody tonight," Selvig said.

Sophomore guard Katie Baker, back after missing most of last season with a knee injury, led the Lady Griz with a team-high 18 points and senior Sarah Ena chipped in 10.

The 6-foot Baker notched two blocks. She said the team needs to work on defense but was positive about Wednesday's effort.

"We played fundamental basketball," Baker said. "It was nice to play against another team and play in front of a crowd."

With sophomores and all five freshmen running the floor most of the second half for Montana, the in-state matchup proved to be an experience-gainer for the underclassmen.

Saints junior guard Alysha Green led all scorers with 23 points.

Freshman Jordan Sullivan proved herself as a staple at the center position, scoring nine points, swatting three shots and recording two steals.

The Lady Griz will play at UC Riverside and Cal State Bakersfield Nov. 11 and Nov. 12.

[daniel.mediate@umontana.edu](mailto:daniel.mediate@umontana.edu)



TOP Torry Hill, right, puts tight pressure on Carroll's Jill Jagelski in the second half of the game.

BOTTOM LEFT Montana's Jordan Sullivan, left, and Sarah Ena, right, swipe the ball from Carroll's Sara Meyer.

BOTTOM RIGHT Montana's Katie Baker and Jordan Sullivan struggle to control possession of the ball during the second half of Wednesday's game.



CROSS COUNTRY

# Freshman runner performing beyond her years

A.J. Mazzolini  
Montana Kaimin

Nobody would look at Keli Dennehy and say she is out of shape. Her body is the definition of thin and athletic, weighed down with very little body fat. That's just what happens when you run as much as she does.

But when she joined the University of Montana women's cross country team as a freshman this year, even her years of running hadn't quite prepared her for the next level. Running for Butte High School last year, the training was almost leisurely in comparison. On the most difficult days, the team would run three miles at most.

Now, as a Grizzly, a three-mile run is a warm-up, the appetizer for distances that can stretch as long as eight miles.

"Our hard days are about twice as much training," Dennehy said. "We do really hard workouts, but you get so much out of them. You feel so accomplished."

Under the direction of Montana's cross country coach Courtney Babcock, Dennehy has transformed from the best runner on a decent high school team — she won the Class AA 3,200-meter state championship last year — to one of the top runners in the Big Sky Conference. She finished fourth in the Big Sky championship over the weekend, coming in just behind senior Katrina Drennen, who took second, and helped the Griz win the conference title for the first time since 1984.

"[The conditioning] obviously works really, really well," the freshman said.

Dennehy has shown an incredible ability to step in and start reeling off high-quality performances immediately, said Babcock, the team's third-year head coach. She's been in the top two or three finishing spots on the team the whole season — including a personal-best time of



**Freshman Keli Dennehy**, center, and the rest of the women's cross country team workout Wednesday afternoon at Playfair Park. Dennehy has been Montana's No. 2 runner all season, and will help the Grizzlies at the NCAA Mountain Region Championships next weekend.

17:02 in the three-mile event during the season opener in Bozeman.

To be in the running with some of the best on the team, and, more impressively, the best in the conference, is a notable accomplishment as a freshman.

"She's pretty unique," Babcock said. "Some people, even on their bad days, they're good. She's able to make any kind of day a good day."

Babcock said she believes working with a dedicated team of runners has more to do with

Dennehy's success than the rigorous workouts. At Butte High, not every runner put in the effort that Dennehy did and she often found herself working and running alone. That's not the case with the Grizzlies.

"The bigger the group, the

easier it is to ride that wave and get better," Babcock said.

That mutual relationship among the teammates is quite obvious, Dennehy said. Even though she and her fellow freshmen are younger and less experienced, the rest of the runners treat them as equals. There's a constant support system that helps each runner feed off the others.

While the racers help push each other when they're on the course, the lasting impact for Dennehy comes in a different way. She said the experienced athletes put things in perspective before meets, keeping the jitters and nerves from taking a toll.

"They make it really easy," she said. "As freshmen, we just do what they do because then you're doing the right thing."

Drennen, the Grizzlies' lone representative at the NCAA National Championships last year as a junior, said she's happy to help out the younger runners whenever she can. The two have roomed together on road trips during the season.

The senior runner from  
**See CROSS COUNTRY, page 8**

writer's block-lack of focus-unclear-research-your main point-integration of sources-avoiding the use of I-using I-interpreting your professor's feedback-intro body conclusion-citing your sources-mla apa chicago-so bored and so boring-organization-final portfolios-proof reading-passive voice-comma use-five paragraph essays-supporting details-evidence-writ101-graduate thesis-apostrophes-scholarship application essays-maintaining momentum-thesis-you're your-udwpa-grad school applications-getting started-your professor's expectations-upper division writing course-revision-revision-revision

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SPORTS COLUMN



# Opinion: Notre Dame wasn't negligent in student's death

by Troy Warzocha

In many ways, sports are a microcosm of life. Each one of us experiences successes and failures on a daily basis.

With each triumph, there is a moment of revelry, and with each defeat, a lifetime of second-guessing. It's human nature.

However, there is a major difference between playing Monday morning quarterback and having a knee-jerk reaction to something that was nearly impossible to prevent.

In what will undoubtedly go down as one of the darkest days on campus in recent memory, Notre Dame junior Declan Sullivan was killed when the scissor lift he was on collapsed after being struck by 50 mph wind gusts last Wednesday.

Sullivan, who was one of many video coordinators for the Fighting Irish, was on the lift recording practice moments before tragedy unfolded and forever changed the lives of everyone who knew him.

In the days following the incident, sports writers used the accident to get up on a soapbox and claim that Notre Dame committed negli-

gent homicide.

Mike Lupica of the New York Daily News, for example, wrote in a column Tuesday that Notre Dame provided no answers on the incident and, in essence, charges that coaches sent Sullivan up on the lift to meet his unfortunate fate.

Although Lupica is right about the university's hesitance to release details of the incident (considering it is under investigation), I would argue that the assumption that coaches and athletic directors did not care about the life of Sullivan couldn't be further from the truth.

While I may have never been to South Bend, Ind., I think it's safe to assume that last Wednesday was not the windiest day in the city's long history. Moreover, I know it's not the first time a football manager has been on a scissor lift in high winds.

Nearly every college and high school football team uses scissor lifts on a daily basis.

Hindsight is 20/20, Mr. Lupica. It doesn't give you a license to have a knee-jerk reaction to what was clearly a freak accident.

Currently, The University of Montana doesn't have a formal policy in place for managing scissor lift usage, but other schools have already moved forward with new regulations, or have at least started talking about it.

Virginia Tech formalized a policy last weekend, and Kansas University has openly discussed the idea.

Less than 24 hours before the tragedy in South Bend, it was a cold, blustery and (surprise) windy day on the Grizzlies' practice fields near the Clark Fork River.

As I joked with Grizzly kicker Brody McKnight about using his Canadian blood to get through the near freezing temperatures during practice, I noticed two lifts extended near the field.

Never once did I think they would come crashing down, even as the Hellgate winds came blowing through.

On one of the lifts was 18-year-old football manager Rebecca Merrell. The freshman was on the lift helping head video coordinator Brad Sternberg and did not feel as if she was in danger on the breezy day.

"I feel pretty comfortable up there. Nothing terrible has ever happened to me while being up there," Merrell said. "When you're up as high as you can go, there's nothing blocking the wind. ... You get used to it."

Although she admits that getting back onto the lift for the Grizzlies' game against Weber State last weekend was a little more nerve-racking than usual after hearing about Sullivan, Merrell still wanted to be able to do what she loves.

In fact, when asked whether she wanted to come down at half-time, Merrell willingly declined and filmed the entire game in windy and rainy conditions.

It goes without saying that Sullivan's unfortunate death was a tragic accident; however, Notre Dame's alleged negligence didn't send the young man to his demise.

A lack of common sense did.

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ASUM  
From page 1

The quickly rising tuition, therefore, is another matter she hopes to discuss.

“The question isn’t if tuition is increasing, it’s how much it’s increasing and how we can achieve a sustainable rate of increase,” she said.

According to Gursky, her parents, both teachers, influenced her advocacy of education from a young age. She said she believes in the immense value of higher education, and that Montana is the place that put the point across.

“Montana is really in tune with the use of natural resources. I think we can become leaders in green jobs and be an example for other states to build new economies,” Gursky said. “We can only do that through higher education. If that’s the only thing I can get across, it will all trickle down.”

Despite the fact that the appointment means the loss of one of their colleagues, ASUM senators expressed their confidence in Gursky.

“She is more than capable of holding this position due to her maturity and leadership,” said Sen. Miranda Carson, who led the motion to approve the recommendation.

Gursky will remain on the ASUM senate until the end of the semester, at which point

she will complete the paperwork required to become the MAS lobbyist.  
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GLUTEN  
From page 4

“The gluten-free stuff has grown a lot in demand,” Good Food Store Marketing Director Layne Rolston said. “More and more people are finding out they have some sort of reaction to gluten. There’s been a great increase and more and more products available.”

One of the store’s most established local brands, Gluten Free Mama, offers pancake, pie crust, cookie and pizza dough mixes without any traces of wheat, rye or barley. The company’s founder, Rachel Carlyle, began her quest to develop good-tasting, wheat-free foods when her then 18-month-old daughter was diagnosed with celiac disease in 2006.

In the four years since then, business has continued to increase for Carlyle. Her mixes are offered in 27 stores across Montana and 15 states across the country. She saw a 400 percent increase in sales from her first to her second year and has nearly doubled those sales each year since, she said.

“There’s definitely a part of it that’s kind of a fad diet, especially in California,” Carlyle said, “but mostly doctors are

starting to become more aware and so are consumers about how they want to feel.”

Although she hasn’t been diagnosed with celiac disease, Carlyle and her family eat entirely gluten-free meals. She published a cookbook, and on her website she offers to convert her fans’ favorite recipes into celiac-friendly meals. The interest in Gluten Free Mama products and in others she sees in stores is a promising sign that gluten awareness is on the rise, Carlyle said.

“Just in the years since my daughter got her diagnosis, there are so many more options. My guess is that within three to five years, we’ll be able to go into any grocery store and get anything we want,” she said.  
heidi.groover@umontana.edu

CROSS COUNTRY  
From page 6

The senior runner from Ortting, Wash. also raved about the impact Dennehy has made on the season. Seeing a talented underclassman step up helps the seniors on the team go out on an exceptional note.

“It’s exciting for us at the close of our cross country careers to watch her,” Drennen said.

But the season’s not over quite yet. The Griz will head to Salt Lake City, Utah for the NCAA Mountain Regional Championships on Nov. 13. The Griz en-

ter the meet ranked 35th in the country, but only 31 of those teams move on to nationals.

Dennehy said the cross country runners set two main goals at the season’s beginning: One was a conference championship, and the other was to make it to nationals.

“No. 1 is down, but now we’ve got to focus on what’s next,” she said. “There’s still another goal to accomplish.”  
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WELDING  
From page 1

Veterans Affairs, he said.

Besch is finishing his last class for the welding degree and pursuing additional certification in other areas of the field. Next year he hopes to move to Seattle and find a job in underwater welding. Besch said he struggled with the work when he started the program.

“I had never welded before, so there were a lot of sparks flying — literally,” he said. “Now I can weld with the best of them, and with all

the stuff we’ve been taught, there are so many job opportunities. It’s pretty easy to get a foot in the door once you do this program.”

Sean Nimitz, another graduate of the COT welding program, tied for the second-place prize and said he wasn’t too surprised, either. Nimitz built a camping stove to use in his tent on hunting trips. The stove features a unique draft system that feeds oxygen to the fire from various angles, instead of just one, meaning the stove stays hot longer for cooking, heating water and keeping the tent warm, Nimitz said. Nimitz won \$500 for the project and plans to use the stove on his next camping trip.

“I had an idea I would be in the running, but there were a lot of good entries,” Nimitz said.

COT welding student Donald Hansen won a third-place award, and seven other students in the program received merit awards for their projects.  
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1959 – “Mack the Knife” by Bobby Darin  
1964 – “Baby Love” by The Supremes  
1968 – “Hey Jude” by The Beatles  
1970 – “I’ll Be There” by The Jackson 5  
1979 – “Heartache Tonight” by The Eagles

1985 – “The Miami Vice theme” by Jan Hammer  
1988 – “Kokomo” by The Beach Boys  
1992 – “End of the Road” by Boyz II Men  
1999 – “Smooth” – by Santana & Rob Thomas  
2002 – “Lose Yourself” – by Eminem  
2009 – “Fireflies” – by Owl City

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